

ANNUAL NARRATIVE REPORT

**COUNTY
EXTENSION
WORK**

Virginia Agricultural Extension Service

VIRGINIA B. CRIGIER

Name

HOME DEMONSTRATION AGENT

Title

Agent

E. GAIL GARDNER

Assistant Agent

Assistant Agent

Assistant Agent



1960

182000

County

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Outstanding Contributions Made to Family Living

The entire program has been geared around two phases - Better Health and Better Living.

In order that they might have better health, the folks have been urged to have physical check ups yearly, avail themselves of the Tuberculosis X-Ray Clinics, plan and eat the proper foods, prepare the foods to conserve nutrients and contribute to health organizations so that research might be more intensive.

The Mental Health meeting open to all was considered the most beneficial meeting held during the year and those who attended expressed themselves as desiring more such meetings.

Making the home a safer place in which to live was brought out in club meetings through programs and talks on a safe water supply and proper disposal of waste, through removing hazards which would cause accidents or fire and having a first aid kit in each home.

Good health is a prerequisite for Better Living. Throughout the program an effort has been made to develop a spirit of cooperation in work as well as play. Social activities have been stressed as suppers, picnics, Get-Togethers, tours, etc. Emphasis has been placed on attractive homes and convenient ones. The kitchen has been the room around which so much stress has been placed and this has been from the stand point of attractive surroundings which would make the food more palatable and one which the women would be proud to own, also on having a conveniently arranged kitchen and one in which space is well utilized.

The improvement of the kitchen from an esthetical as well as convenient stand point has done much to build the morale of the home makers as well as to save such time and energy in doing the chores of meal planning and preparation.

I. COUNTY SITUATION

Madison County is a rural county which is small in area and in population. Because of the size, everyone knows everyone and what is done for one section must be done for another. The area is 327 square miles with 1,149 farms and according to the 1950 census, a population of 8,273. 76.9% of this is of white population and 69.6% of the total population live on the farms. In 1955 the youth ages 10 to 21 numbered 1,332. Of this 384 were enrolled in the 4-H Clubs.

The principal source of income is from agriculture. Livestock production and dairying have shown a great increase in recent years. Poultry, at one time, played an important part in supplementing the income, especially for women but due to the increase in the price of poultry feed, and the low price of eggs and chickens, the poultry production has declined. In fact, the majority of the families are buying their eggs and chickens. Raising of crops excepting for cattle feed has also decreased in acreage. Because of the fine apple and peach orchards, Madison County is placed among the fruit producing counties of the state.

There are several manufacturing plants - furniture (2), poultry coops (2), oak flooring (1), lumber mills, wood treating, and a work clothing factory. The plants are small, the majority employing not more than 40 men workers. The largest is the work clothing plant employing around 290 workers, the majority of these being women. This plant has meant much to the women and to the county.

The number of women working outside of the home has more than doubled in the last few years. Now approximately 1/3 of the women are employed outside of the home. Some work in the factory in the county and nearby counties, some in offices in the county and other counties and some in stores. The majority of the women teachers are residents of the county and are home makers. The increase in the cost of living and the rise in the standards of living have been the causes of the employment of women outside the home.

Because of this outside employment, women are interested in time and energy savers. Due to an increase in income and more contacts with the outside world, more interest is being shown in purchasing new equipment, making the home more convenient and more attractive and purchasing new furnishings.

Interest is not shown in keep records and budgeting.

Approximately 93% of the homes have electricity but much can be done to improve the quality and quantity of light. 62% of the dwelling units, according to latest figures, are without water under pressure.

More interest has been shown by all homemakers in improving the appearance of the home and making the home easier to care for.

Nutritional needs should be a concern as from surveys made in the county and other counties comparable to this county, the intake of nutritious foods is low. A survey made in the adult clubs indicated that the percent of adults getting a pint of milk a day is also low. There is much sickness in the county which could come from inadequate diets.

The clubs are interested in the health of the county and largely

through their efforts, the county health unit was established. Cooperation of the women is needed to carry out the health programs in the county. Because of the high rate of death from heart conditions and cancer, interest should be shown in the drives and other meetings relating to this.

There is a small county library started by the clubs in 1937. Interest in this continues.

The War Memorial Building which has an auditorium and kitchen serves as a center for county activities. The kitchen is furnished by the clubs and also tables for the auditorium. There is always some need of new items.

The women, when at home, spend so much of their time in the kitchen and much can be done to make the kitchens more attractive and convenient.

The relationship between the schools and extension is quite good. All the junior 4-H clubs are held in school and from 1 hour to 1-1/2 hours are given for the meetings. The superintendent and principals are most cooperative when programs are desired to be held in either school.

There is a recreation center in the county and it is used by the clubs for recreation purposes.

II. COUNTY EXTENSION PROGRAM - ADULT

A. Organizations

1. County Agricultural Extension Service Board
(No board)
2. Home Economic Council
(No council)

3. General Interest and Home Economics Committees

The committee was made up of Home Demonstration Club members.

4. Home Economics Committee

This committee was made up of Home Demonstration Club members but non club members cooperated in carrying out the programs.

5. County Home Demonstration Club Committee

The president of each club, the county federation chairman and officers of the committee make up the roster of the county committee. This committee meets regularly twice during the year for the purpose of setting up the objectives of the clubs, to formulate the program and to attend to business matters necessary for carrying on the activities outlined.

Program development leaders meet as a group twice during the year. The first meeting is to receive training as their duties and to obtain methods of presenting materials to get the women to recognize their needs. The second meeting is to set up the county program from suggestions received from the clubs.

The federation chairmen, one from each club, met regularly once during the year with the county chairman to learn of their duties and to set up the program and objectives for the year. These chairmen see that the objectives are carried out and have the monthly topic presented.

B. Subject Matter and Special Emphasis Areas

1. Housing and Home Management - Kitchen

The majority of the women must prepare three meals a day and with all other activities and outside employment, the kitchen needs to be more convenient and more comfortable and because so many folks eat in the kitchen, it should be more attractive. Many kitchens are being remodeled and/or built but still more thought should be given to planning for convenience.

This line of work was taken, as the women felt there was a need as stated above and too, they felt that it was important to concentrate on one room in the house.

The people were to determine - if their kitchens were conveniently arranged, where small equipment should be placed to save time and energy, how to make better use of space already in the kitchen, how to properly clean the kitchen surfaces, lighting conditions in the kitchen and what might be done to make the eating area more attractive.

Leaders were selected by the executive committee of each of the clubs to be trained to give three demonstrations relating to the kitchen and home management. Mrs. Ocie O'Brien, Home Management Specialist, V. P. I., Blacksburg, was in the county to train the agent on How to Score The Kitchen and to train the leaders on Kitchen Arrangement to Save Time. Leaders from 7 of the 9 clubs received the training and gave the demonstration to their respective club.

For the demonstration on Color Schemes and Decorating the Kitchen Miss Mary B. Settle, Housing Specialist, V. P. I., came to the county to train 8 leaders. Miss Amelia Fuller, Home Management Specialist of V. P. I., Blacksburg, was in the county to train 11 leaders represent-

ing 8 clubs on Cleaning and Care of Kitchen Appliances. The leaders attending these training meetings gave the demonstrations to their respective club.

In the demonstration on phases relating to the kitchen, the women were shown by charts and score sheets as received from Mrs. O'Brien just how a kitchen was scored in relation to distances between appliances. They kept the score sheet to appraise their own kitchen and reported on this at the following meeting. As a result of this demonstration, some 20 reported that they had moved some pieces of equipment or furniture to shorten distances. Those who were unable to move equipment were made conscious of the distances they have to travel to prepare a meal and are able to make suggestions to members of families when they remodel or build. The demonstration on Arrangement of Equipment (large and small) tied in with the first demonstration and part of this was something the ladies could very definitely do and a large number of the membership reported on rearranging small equipment to save time and energy. Some bought new pieces of small equipment as a duplicate was needed in another place of the kitchen.

For the meeting on shelf space savers, the shelves which had been made by the agent at an agents' workshop conducted by Miss Settle, Housing Specialist, V. P. I., 2 years ago, were shown to members along with some space savers which had been purchased. During the summer months, 8 of the clubs took advantage of the opportunity to make shelf space savers. These were special interest meetings. Non-club members were invited to these meetings. 75 shelves, files and knife racks

were made. Other members reported buying racks.

The leaders attending the training meeting on Cleaning and Care of Kitchen Appliances were very enthusiastic about this meeting and so were the members as they learned of simple methods for cleaning kitchen appliances. Quite a few have remarked on how helpful this demonstration was to all members as in lots of cases they could use things which they had on hand which would do the same cleaning job as highly advertised products. The members, through the demonstration, became more conscious of weighting information on advertised products.

During the month that these demonstrations were given to the club members, information concerning cleaning methods and products was presented over the radio, was included in the weekly news article and was included in some of the newsletters sent to non-club members.

The agent assisted 8 home makers with plans in remodeling or building a new kitchen.

No tour of kitchens was made as was tentatively planned.

2. Foods and Nutrition

In previous years surveys had been made which indicated that diets were not adequate for good health. A simple survey as to milk drunk by members was made and this was found to be low. There has been much sickness in the county and this could be due indirectly to the diet.

In the regular planned program, only one demonstration on foods was planned for all the clubs but for club choice, some selected food

preparation. Time was taken at each of these meetings to present the importance of getting a well balanced diet including the 4 basic groups. This was done along with the preparation of casserole dishes. With the demonstration on outdoor cookery, the agent, with the members, planned a well balanced outdoor meal.

The leaders for the demonstration on Casserole Dishes were trained by the agent who received some help from materials received from Miss Janet Cameron, State Food Specialist. Other information was obtained from current publications.

A county-wide seafood cookery demonstration, given by a home economist with the Department of the Interior, was conducted to a group of 70 folks. Special invitations were extended to non club members, the majority of which were young homemakers. The place of seafoods in the diet was stressed which included high protein content and easy digestability.

Two leaders and the agent attended a Bakery Foods meeting in an adjoining county put on by the American Institute of Baking. Emphasis was placed on nutrients found in breads.

The Nutrition News Notes prepared by the State Extension Food Specialists and the nutrition class during agents' conferences has kept the agent abreast with food news and some of this information has been used in newspaper publications, over the radio, and in newsletters.

The agent has attempted through radio broadcasts and weekly news articles to present to the public at intervals the importance of

including milk in the diet and in having a well balanced meal for the family and encouraging the families to eat these. A bulletin board outside of the agent's office has been used frequently to present nutrition information.

Families in the county have been encouraged to have gardens, to try new varieties and to conserve foods properly. This has been done thru the clubs by garden leaders, through the newspaper and over the radio. Garden, Canning and Freezing bulletins have been available in the office building for those who have desired such. Publicity has been made of the availability of these.

Effort was placed on reaching as many people in the county as possible on foods and nutrition and this has been done through monthly meetings and asking members to spread information, through weekly news articles in the county paper, by broadcasting over the radio twice monthly, through letters sent out to non club members, by displays on and around the bulletin board and by having special foods meetings to which the public was invited. More people have been reached on this phase and from comments more people in the county are conscious of getting a well balanced diet. They are becoming concerned about the foods being eaten by the youngsters.

3. House Furnishings

Lighting had been a phase worked on for a number of years but only a little had been accomplished on kitchen lighting as no concentrated efforts had been placed on this room. Quite a few children

study in the kitchen and the majority of the kitchens are poorly lighted. The folks were interested in learning what's new in kitchen window treatment. So many people sat in the kitchen and interest was shown in learning to improve this area.

Miss Ruth Jamison, House Furnishing Specialist, V. P. I., Blacksburg, was in the county for a conference with the agent and assistant agent on Better Light For the Kitchen - Both Artificial and Natural. Slides received from Miss Jamison were very informative to illustrate correct lighting for the kitchen. Along with this, curtain materials and newest trends in window decoration were shown, also shutters and shades emphasizing the most practical from the lighting and cleaning stand points. A plug for good quality and quantity light in other rooms was made. At the following meeting a check was made with the women as to light improvement in the kitchen and at least 50% of the members reported they had increased the wattage of bulbs and some had improved the quality of light also.

Even though phases of house furnishings relating to rooms in the home other than the kitchen was not included in the regular plan, there were demands for group or individual assistance in redecorating, selection of furnishings, reupholstery and slip cover making. At the beginning of the year, the club members were given an opportunity to list needs and interest along these lines and from this list special interest meetings were set up. Three lamp shade workshops were held at which time 21 lampshades were made. One member made a total of 6 shades

for her home, several being made at home after learning the principles. One upholstery clinic was held, several individuals have been assisted with upholstery and slip cover problems. Quite a lot of assistance has been with non club members.

The agent was brought up-to-date on refinishing furniture when attending an agents' workshop conducted by Miss Ruth Jamison, House Furnishings Specialist, V. P. I., Blacksburg. Information received has been passed on to More than 100 people.

The club members particular enjoyed and expressed themselves as getting much from the demonstration on beautifying the eating center. Stress was placed on correct table setting, using neat looking and matching china, silver and glass ware, types of table covers (keeping in mind easy care), simple flower or fruit arrangements for the kitchen eating area. To further help members on flower arrangements, a demonstration on this was given at the annual Get-Together of the club members.

4. Lighting

Plans were to have lighting as a special interest area and to have a committee to discuss problems and plan a program but such did not materialize. However, emphasis was placed on good lighting in the kitchen as previously discussed. Information on good lighting in the home was given through newspaper, radio and letters to home makers.

5. Housing

Some of the homes in the county need improvements. A number

of new homes are being built so this could be a program in the county but only a few people have called for assistance. Counseling has been with 5 families in building new homes and 10 have been assisted with remodeling the home. Information on shrubs and flowers to plant has been given to 100 families. Mr. A. S. Beecher, Horticulturist from V. P. I., Blacksburg, was in the county for one half day to advise 3 families with landscape problems. Landscape Notes, which are sent out monthly by Mr. Beecher, are desired by a number of people and 40 of these are distributed monthly.

The agent was called on to assist the county bank and one church in placement of shrubs around the buildings.

Mr. Gruenhager, Extension Plant Pathologist, was in the county to talk to the county Garden Club on diseases of ornamentals. Approximately 100 men and women were present for this.

6. Special Emphasis Area - Federation Program "Safety"

There are a great number of accidents in the home, on the farm and on the highway; therefore, a need was felt to have phases of safety in the program. One entire club program was devoted to safety and during the year at the majority of the club meetings, phases of safety were discussed. Safety material secured from Mr. Dan Kite, Extension Agricultural Engineer and Chairman of the Extension Safety Committee, V. P. I., Blacksburg, was used in some of the programs. The bulletin Safe At Home was distributed to all club members; also a check sheet on Home Safety. All were encouraged to remove hazards.

Slides obtained from an insurance company relating to Child Safety were shown, a film on Fire Prevention was shown to one group by a member of the volunteer fire company of Madison followed by a discussion, a home fire extinguisher was on display at each of the clubs and members were encouraged to purchase one.

A A state trooper talked to one group on Highway Safety. A first aid kit was on display and a list of items to have in such a kit was given each member. 50% of the members in each of the clubs reported at the end of the year as having a kit.

A sanitarian spoke to one group on "Safe Water Supply and Sewage Disposal" and at each club meeting an explanation of the Sewage Ordinance of Madison County becoming effective in 1961 was made.

Various materials on safety were displayed on the bulletin board in a public place outside the office. Information was given over the radio and in the newspaper. "Safe At Christmas" information was included in a bulletin distributed to 270 women working in a factory and sent to 100 home makers not members of an organized club. Folks in the county have been made more conscious of the safety problems and have recently organized a Safety Council in the county. All organizations were represented at the organizational meeting.

Significant Story In One Subject Matter Phase

Time and Energy Savers has been one phase of the program especially stressed in all programs during the year. The club members are members of so many different organizations - church groups, Parents-

Teachers Association, Garden Club, Junior Women's Club and social groups in addition to some being employed out of the home, so such a program needed to be emphasized.

In the federation program "Safety", emphasis was placed on removing hazards to insure safety that with a crippled limb, more time and energy must be required to do the work. In the cleaning of the kitchen, suggestions were given as to methods and materials to use to save time and energy. The right types of paints and finishes for the kitchen would make the kitchen more easily cleaned. The members scored their kitchens to determine walking distances in preparing meals. Emphasis was placed on arranging small equipment and utensils where used first to save steps in preparing a meal. Members were encouraged to make or buy small shelves or racks to make use of available shelf space. Quick methods in table setting and arrangement were presented. Casserole dishes which might be prepared quickly, ahead of time and be frozen were demonstrated. Bulletins on making mixes have been distributed.

Time and energy savers in all phases of home making were presented over the radio, in the newspaper and in letters to homemakers.

Seventy-five space saving shelves were made and some were bought. Approximately 50% of the members rearranged small equipment while some others moved the refrigerator near the work center. This poor arrangement, however, continues to be a problem with some families.

Some help has been given families in planning newly constructed kitchens. Through this problem lots of folks have become more conscious of what a well planned kitchen will do to save time and energy and if

they do not call on the agent for help, club members are making some suggestions. The folks are beginning to realize how important it is to have good light in order to do the tasks more quickly and efficiently.

While a big step has been taken in getting the ladies to take short cuts and to so arrange equipment, there is yet much more to be done.

C. Other Activities

1. Library

The library which was begun as a federation project in 1937 continues to have the interest of the clubs. \$41.00 was contributed by the clubs to assist with purchasing books. A list of the books in the county library on the Good Reading list was obtained from the librarian to distribute to club members. One Reading Certificate was given to a member at the Get-Together of Home Demonstration Clubs.

2. Community Improvement

a. Auditorium and Kitchen

The clubs, for a number of years, have had as a project the improvement of the auditorium and kitchen in the War Memorial Building. The clubs have taken an inventory of the equipment in the kitchen and as a result have purchased 50 cups and saucers, 50 plates and 50 glasses. Towels for the kitchen are also furnished. A check was made on the condition of chairs in the auditorium and as quite a number needed repair work, the county supervisors were contacted and this repair work was done.

b. Recreation Center

The organized clubs were not called upon as a group to assist with the fund raising projects but individual members did assist. Two of the clubs used the center for their annual social.

c. Community Beautification

Nothing was done as planned to cooperate with other organizations in beautifying the community.

3. Youth Activities

Eleven club members served as project and organization leaders during the year and two other members and 2 non club members served as leaders during the summer on specific projects. The home room teachers served as sponsors with groups held during school.

The clubs contributed 25¢ per active member toward a Scholarship Fund. \$50.00 is used from this fund yearly for a scholarship presented to an outstanding senior 4-H graduate. Bobby Jenkins, who is now studying at V. P. I., Blacksburg, is the 23rd boy or girl to receive this.

Twenty-five cents (25¢) was contributed from each club, on a per active member basis, to add to the newly established county International Farm Youth Exchange Fund.

A federation cook book RECIPES FROM OLD VIRGINIA was presented to an outstanding home economics girl graduate by the Madison Club.

The County Committee contributed \$2.50 each to the outstanding junior club girl and senior 4-H girl at the 4-H Achievement Program.

Two clubs held socials for the youth in their community and one club paid all expenses of an active 4-H'er to district 4-H camp who otherwise would not have been able to attend.

During National Home Demonstration Week the clubs sponsored a Career Program for senior girls, high school home economics and 4-H girls, at which time present to speak were: 1) a home economist in business, 2) a home economist who is now a home maker, 3) a home economics teacher, and 4) an extension agent. Following this, the girls were served refreshments.

Adult leaders assisted the 4-H'ers with various activities as serving refreshments at 4-H County Council meetings, Achievement Program, club and county picnics and as chaperones at dances.

4. National Home Demonstration Club Week

The chairman appointed to plan for this went to work just prior to making plans for the activities during National Home Demonstration Week but the County Committee chairman, with a committee, made plans for the week. A goodly amount of space was given in the county paper concerning the Home Demonstration program which was published this "special" week. Some pictures of Home Demonstration members were included in the "It's A Snap" column. Four women were on the radio for a 15 minutes program from Orange radio station. A county wide meeting on Mental Health was conducted during this week to which the public was invited. The annual tea and Career Program for senior girls, High school home economics and 4-H girls was held during this week.

5. Tours

One tour was planned and this was to the Ice Capades in Washington, D. C. Arrangements for a chartered bus coming from Charlottesville were made. Twenty-two persons went on the much enjoyed trip. Fourteen were club members.

6. Out of County Meetings

Eleven women representing 6 clubs attended a meeting held in Fredricksburg on "International Understanding". In addition to a talk by a professor from the college there, women from embassies - India, Indonesia, Berna and Egypt - talked on the status of women in their countries.

Two women and a 4-H member attended a Bakery Foods meeting in Culpeper County at which time Miss Ann Russell, Home Economist from the American Institute of Baking, put on a demonstration.

7. Judging by Local Leaders

Five different club members assisted with judging at county fairs in Greene, Culpeper and Orange Counties. One of the ladies judged at two of these fairs. Two leaders assisted with judging in the Clothing contest at the 4-H County Achievement Program. One leader judged at the district 4-H contest and two judged articles made in the Baby Sitting Project.

8. Get-Together or Achievement Program

A large representation of the Home Demonstration members came together for this annual event. The evening started off with a

Pot Luck supper. All Home Demonstration Committee Chairmen in the past 20 years were given a special invitation and were recognized at the meeting and presented with a corsage. The club president were introduced and were presented a small token. Awards were presented to the outstanding clubs of the year which were given to Criglersville Club as first, Madison 2nd and Rochelle 3rd.

A demonstration on simple flower arrangements for the kitchen area was given by a former club member now living in another county. Another feature of the program was an illustrated talk by one of the club members who had traveled abroad this year. The program concluded with the installation of the new committee officers.

9. Federation Meetings

The county was hostess to the District Federation Meeting at which time 350 ladies from the 7 counties were present. Much pre-planning had to be done for this. The food was prepared and served by the county women. Some of the food was donated by the members. Apples for the occasion were given by one of the supervisors. The committee cleared \$200.00 from this lunch. This meeting in the county helped to give more publicity to the extension program.

Only one member attended the State Federation Meeting held in Blacksburg. All of her expenses were paid by her club.

D. (No Urban Areas In County)

E. Farm and Home Development

When the program first started in the county in 1957, 30 families

were on the list and 10 of these were worked with very closely. Some improvements were made. In the two years following, because there was no assistant agent, only 5 families were worked with. During this year less work has been done with these families; however, two visits have been made to three of these homes and suggestions have been made concerning kitchen cabinet placement, bath room construction and re-decoration problems.

The Mac Jones family continues to make the most progress and this is partly because so much needed to be done.

There are four in the family - 1 boy and 1 girl. They live on a farm, raise chickens for the eggs but because of the low income from the poultry, the man had to seek employment elsewhere to supplement the income. Since doing this, they have been able to make more improvements. In 1957, when work was first begun with this family, the house needed repainting badly, the front porch was unuseable, the water for the house was gotten from a pump on the porch, the living room was a living room - bed room combination, there was no storage space in the kitchen nor in the bed rooms.

In 1957 a double sink with hot and cold water under pressure was installed in the kitchen and the living room floor was sanded. By 1959 a room was remodeled and closets were built for a bed room for Mr. and Mrs. Jones, so the living room became just a living room. The house was painted on the outside and the living room was painted.

This year living room furniture has been purchased. A bath room has been built on a back porch next to the kitchen. The front porch

is now in the process of being repaired.

Prior to this year in driving to the house, it was necessary to back out but now a parking place has been provided with ample space to turn around.

All members of the family are especially timid but the belief is that part of this will be overcome by Mrs. Jones, especially, when she finally gets a home of which she will be proud.

III. COUNTY EXTENSION PROGRAM - YOUTH

A. Organization

1. Youth Advisory Committee

While this committee has not met this year, contacts have been made with the women committee members to keep them informed as to any progress made on problems, but since progress on the big problem of keeping older boys and girls in club work has been very slow, there would not be very much to report. Contacts were made with parents and special invitations were sent out to all 7th Grade members with the idea of encouraging them to become members of a senior club. Transportation has been one of the main reasons for no increase and the other has been they have become so involved with other activities upon entering the 8th grade and high school.

2. 4-H Honor Club

The membership is composed of 15 girls, 11 boys and 13 leaders and these are outstanding boys and girls, and leaders who are indispensable in carrying out the 4-H program in the county. Four meetings of

the Honor Club are ordinarily held each year but better pre-planning was done for 1961 so an extra supper meeting was gotten into this year's work. Two of these meetings were supper meetings held at a cabin in the mountains, one a banquet and the other two were strictly business meetings following the County Council meetings. At these meetings objectives and the budget were set up, committees appointed and other routine business carried out. The agents are very dependent on this group in carrying out some of the outstanding 4-H activities such as the National 4-H Observance Week and Rural Youth Service.

3. 4-H County Council

The County Council was composed of all club officers of the 10 junior clubs and the 3 senior clubs and the Honor Club members. Two meetings of this group were held at which time officers were trained and club objectives and program formulated. Objectives and budget for the Council were also set up. The officers of the clubs did much to see that the objectives were carried out. The Council sponsored the 4-H county picnic and achievement program. A delegate was sent to district 4-H camp and the county's portion of the nurses salary at camp was paid.

4. All Stars

While there is no organization, this group of 12 definitely play an important part in 4-H activities. They were invited to the Honor Club Banquet and 8 attended. Four All Stars met with the agents to decide on All Stars to be recommended. Two girls were taken into the

All Star Chapter this year. These two later attended the Key Award Banquet sponsored by the Cities Service.

5. Project Planning Committee

Each of the clubs spent a part of two meetings discussing the 1961 program. Each club decided on two topics and named two girls to represent their club at a county meeting. The majority of the clubs were represented and after much discussion, the topic was selected and demonstrations named. Four adult leaders assisted with this planning.

B. 4-H Project Work

1. Baby Sitting

For the past several years, some of the junior club members have been suggesting that this project be taken as so many have to baby sit for their mothers and some do this for money. They felt that they needed some information. The following things were planned:

- (1) Discussion of duties of a baby sitter.
- (2) How to give simple first aid treatment and what to do in case of emergency.
- (3) Make a picture scrap book.
- (4) Write a short story suitable for a child.
- (5) Make a stuffed animal.
- (6) Make a simple jig-saw puzzle.
- (7) Make simple toys out of boxes, cans, etc.

The 4-H'ers were most interested in this project. Out of the 146 taking this, 133 completed the requirements as set up. All of these

133 girls wrote a story, made a picture book, made a stuffed animal or a toy, did some baby sitting and displayed from 1 to 8 articles at the April meeting. 628 articles were made by these girls. The articles made were judged and all classified into blue, red and white ribbon groups. For the best stuffed animal and the best picture book, prizes were given. Publicity was made of the winners. The girl having done the most in the project was recognized at the county achievement program and was presented with a blue ribbon and an award. This girl wrote 7 stories, made a picture book containing 37 pictures, made 7 stuffed animals, 4 jig-saw puzzles, 17 toys and displayed 8 articles.

The girls participated in this project with more enthusiasm than any other for years probably because they were asked to display some work at each meeting. Each of the girls were asked to read their story before the group. The agent showed a sample of a picture book and as the girls gathered pictures, they were asked to bring them to display. The books were judged at the beginning of the year and again in April. Stuffed animals were displayed at club meetings as completed. Other things to be made were done likewise.

When reporting on what the project had meant to them, the majority of the girls said they had enjoyed the project and felt it had helped them a lot in knowing how to look after a child and how to entertain them.

2. Food Preparation

This project was selected by the senior girls for the fourth

year and this year interest was centered around oven meals, desserts and an attractive table. Representatives for the 3 groups met to set up the monthly program. The demonstrations were given by leaders, some by 4-H members and others by the agent. At each of the food demonstrations, a discussion was held as to the nutrients furnished and the place the dish played in the meal. Emphasis was placed on giving demonstrations.

Twenty-four girls took this project and 15 completed the required work. 1300 dishes were prepared and 1969 meals prepared and served. Two girls entered the district contest in Food Preparation and Dairy Foods. One was a district winner and won a red ribbon in the state contest.

3. Breads

A series of meetings were held with 4 groups of junior girls. Two of the groups were girls who had never made bread and the other two went into the making of sweet breads and yeast breads.

Through these meetings, the girls were taught how to use recipes, the importance of correct measurements, how to give a demonstration and how to judge breads.

Twenty-two girls took this project and 20 completed the work. Bread was made 2339 times. Seven of the girls entered breads in the Culpeper Fair and won some blue ribbons. The 1959 county winner of the Bread's demonstration, Betty Tappy, competed in the district contest and went on to the state contest to take a blue ribbon. Because of being a

district winner, Betty, along with 7 of her friends, were invited to a luncheon in another county sponsored by the Virginia Bakery Council and from the luncheon, toured a bakery. Betty also received the county Bread Demonstration medal.

4. Clothing Construction

Girls who had indicated that they were interested in clothing construction were invited to a county meeting at which time discussions were held as to the selection of materials and patterns. Measurements for sizes were taken. Following this, the group went to a local store to look at the materials and a goodly number of the beginners bought materials for a gathered skirt. The girls were divided into four groups and later into community groups. With each group there was an adult leader to assist. Each of the girls, even though they might have had this project one year, were given the instructions on Knowing Your Sewing Machine using the bulletin put out by Singers. Fourteen junior girls were enrolled in the project. The beginners made gathered skirts and the others made simple dresses. Seven senior girls were enrolled in the project.

Nine junior and senior girls entered garments in the Culpeper Fair. Fourteen girls were in the Style Revue held at the Achievement Program. The junior winner of skirts was presented a blue ribbon and a pin as an award. The junior winner of the dress group received a blue ribbon and dress material donated by one of the local stores. The senior winner received a blue ribbon and a \$2.50 gift certificate from a local store.

The senior 4-H girls having made the greatest number of garments (90) during the year, was recognized at the Achievement Program and she received a \$5.00 gift certificate from a dry good's store in an adjoining county. The junior girl receiving the award for making the largest number of garments (6) was given a certificate for dress material from a local store.

In the main projects conducted by the girls the demonstration method and a repeat of the demonstration was used. As many girls were given the opportunity to present a demonstration or show something which they had made before their groups. The girls were encouraged to enter the articles which they had made in the Culpeper Fair, to model garments at the Achievement Program and to display articles made at a designated date in April. Awards were presented as incentives.

C. Other Activities

1. Camp

Twenty-one junior 4-H girls and two senior girls, who served as junior leaders (one was an assistant life guard), attended the District Camp at Holiday Lake. Each of the clubs paid half of the expenses on toward a delegate from their club. One adult club paid all the expenses of one of the girls who could not have gone otherwise. One adult leader was in attendance and she also, with the junior leaders, was very active with camp. All the girls took an active part in the camp affairs and thoroughly enjoyed the week.

Eight senior girls attended 4-H Short Course held at V. F. I., Blacksburg. Two were eligible to go as they were entering the State

contest and the county was able to obtain a quota of 6 - 4 in addition to the established quota. One girl entered the Share-The-Fun contest and won a blue ribbon. Two girls, Mary Ann Powell and Sue Kidd, were taken into the State 4-H All Star Chapter.

One girl (the quota was 1) attended the Conservation Camp at Virginia Beach. She was sent as a delegate from her club.

All the girls attending the 3 different camps, throughly enjoyed them and got much from the activities and the association with other campers.

2. Community Activities

Each of the clubs had as an objective to send out cards to the sick and the bereaved. The chairman of this committee was given an opportunity at each meeting to tell of his activities and to learn of any sickness in the communities. The senior clubs and 3 junior clubs in addition to sending cards, sent fruit to a family in their community. The junior clubs spent around \$5.00 each to purchase something for their school. Two groups bought magazines, 3 groups bought a clock for their home room at school and the others bought supplies which were needed for the school rooms. The three senior clubs, along with the Honor Club, purchased a 50 star United States flag, complete with a stand, for the stage at the new high school. The cost of this flag was \$35.00.

In cooperation with the health department, two of the groups, one a senior club and the other a junior, each set to make cancer dressings which were needed for patients in the county.

The senior clubs sponsored the Heart Drive in the county. The adult leader of one of the 4-H clubs served as treasurer and general chairman. A total of \$450.00 was collected. Practically all senior members cooperated in this drive.

3. National 4-H Week

This was an activity sponsored by the Honor Club. The committee for planning the activities was selected early in the year and plans for observing this week were made. For this week space was given in the local paper for publicizing 4-H activities. Some articles appeared in a daily paper printed in another county. A 15 minute radio program was planned and presented. Two teas were held by the junior clubs in the two elementary schools and these were for mothers and friends. A meeting was held with each group prior to the teas to assign duties as pouring coffee and cocoa, refilling/containers, and to select hostesses. Instructions were given as to the manner in which these were to be done. More than 125 attended these teas. The girls were thoroughly interested and the adults were most complimentary of the manner in which these girls served. The adult leaders were of great help in putting the teas over.

The annual Share-The-Fun contest, as usual, drew a large crowd. The program contained 16 numbers by the junior clubs and 8 by senior clubs. Admission charges, as has been for several years, was 1 cent for each inch one's foot measured. This money was donated by the Madison County Farm Bureau which was a \$15.00 scholarship each to junior and senior winners to attend camp or Short Course for 1st place and \$6.00

each to 2nd place winners while \$3.00 was given 3rd places.

A dance sponsored by the senior clubs was a nice affair. An orchestra made up of mostly 4-H'ers furnished the music but there was a charge for the orchestra.

All junior club members were given a 4-H member pin to wear during the week and to the leaders and business men, a 4-H Booster pin was given them to be worn that week.

Because of the many activities during 4-H Week, and the number of people attending the various activities, much publicity was given to 4-H'ers.

4. Rural Life Sunday

This was another^{or} activity sponsored by the Honor Club. A committee met to make plans for this. The speaker selected was a young minister from an adjoining county who spoke on "God and Nature". This topic was selected as the plans were to have a Vespers program out of doors. Rains, however, prevented this. The others taking part on the program were 4-H members. This was a county-wide program but the attendance was only fair.

The offering went to the Madison County International Farm Youth Exchange Fund.

5. Fair

No fair was held in Madison County but the 4-H'ers were invited to make entries in the Culpeper Fair. Two leaders assumed the responsibility of seeing that the 4-H'ers got their articles to Culpeper. One

leader from the county assisted with the judging. Sixteen girls made exhibits and 20 blue ribbons were received in addition to a number of reds and whites. Much publicity was given to the girls making entries and to the winners. This was an excellent way of publicizing the girl's work.

6. Social Activities

Each of the clubs held some type of social activity during the year. The senior clubs joined together for an all day of swimming and picnicing at a recreation park in another county. The senior joined together also for a dance.

The junior clubs each had their own picnic and these were at lunch periods on a school day. However, they were given at least one hour for this day and games were enjoyed in addition to eating. The leaders in all clubs assisted with these. Only club members attended the above picnics but for the county picnic, held at the county recreation center, members were encouraged to invite parents and friends and bring sufficient food - excepting for hot dogs and drinks which were furnished by the 4-H County Council.

The picnics are affairs which all the members look forward to and it is an event which helps encourage boys and girls to remain in club work.

7. Contests

A county home economics contest was run off and the girls entered Dairy Foods, Meal Preparation, Breads and the Style Revue.

A very few girls competed in this contest. Three girls were selected to enter the district contests. All three won a blue ribbon and two of these competed in the state contest.

Sue Kidd was in the Food Preparation contest and won a red ribbon and Betty Tappy in the Breads contest, won a blue ribbon. Betty Tappy received further recognition when she with 8 friends, was invited to a luncheon and a tour of a bakery by The Virginia Promotional Bakery Council.

8. Achievement Program

The 4-H Achievement Program recognizing the boys and girls and leaders for their activities for 1959 was not held until the year 1960 and the one recognizing them for 1960 was held the latter part of the year - hence, two Achievement Programs.

Number 1: Approximately 200 4-H'ers, parents and friends were present for this program. The council chairman presided. Events of the year were related by the Honor Club chairman and the agents presented awards and medals. A 4-H clover leaf diamond pin was presented to Mrs. George Weaver, who had served as leader for 25 years, another leader received a 4-H clover leaf pearl pin, two received gold pins and 3 silver pins. The two outstanding clubs were recognized. A social hour following the program.

Number 2: A committee made plans for the events of the 1960 Achievement Program held at the close of Extension year. The presentation of awards was geared toward the "I've Got a Secret" TV program. There were

two emcees and these gave clues for the panel to guess who the award winners were. These clues contained information as to what these boys and girls had done in their project work. Alumni certificates were presented to Mrs. Cleemie White and Mr. Elvin Graves, both of which are outstanding citizens of the county.

Following the program, the group went to the school cafeteria for refreshments. The youth enjoyed a period of dancing.

Approximately 250 were present. This program gives publicity to what the 4-H'ers have done during the year and gives them renewed interest in 4-H work. This gives the parents and the public a chance to find out what 4-H'ers are doing in the county.

IV. SCOPE OF WORK

	1926	1927	1928	1929	1930
No. H. D. Clubs	9	9	9	9	9
Membership	190	190	180	181	150
No. H. D. Groups *(unorganized)	0	0	0	0	0
Membership					
No. 4-H Clubs	13	13	13	13	9
Membership	195	218	202	204	180
No. YMW Clubs	0	0	0	0	0
Membership					
No. Community Clubs	0	0	0	0	0
Membership					
No. Home Ec. Committees	0	0	0	0	0
No. General Interest Committees	0	0	0	1	1
No. Youth Committees	0	0	0	4	4
No. Other Organizations	0	0	0	0	0
No. Farm & Home Dev. Families	0	10	5	5	3
No. Other Families Reached	0	577	500	525	440
No. Different Families Reached	0	688	650	600	670

The column written in the weekly newspaper continues to be a media

through which the public is informed about the Home Demonstration work. It also contains information which would be helpful to individuals. During National Home Demonstration Week, a large space was given in the paper to Home Demonstration news. Parts from the annual report as given to the county supervisors was published in the paper. The bulletin board outside of the agent's office attracts the attention of a large group of people coming into the county building for programs, etc. Some bulletins are available at this same spot. A radio broadcast is given twice a month and this publicizes the work as well as dispatching information on various topics of interest to the women.

A bulletin containing various types of information was sent out to 100 non-club members and distributed to 275 women factory workers. A landscape bulletin is distributed to a group of club women who have asked to be placed on the mailing list.

Special interest meetings on Seafood Cookery and Mental Health were held to which the public was urged to attend.

Publicity is given in the paper as to available bulletins and requests come for these.

Lampshade Clinics and shelf space saver workshops were held and non-club members were urged to come if they were interested.

Through the club members, information concerning the Extension program has been passed on to folks in the county.

Being hostess to the District VIII Federation Meeting was publicity for the program in the county.

V. LEADERSHIP

A. Growth of Leadership

1. Over-all Program Leaders

	1958	1959	1960
a. County Agricultural Extension Serv. Bd.			
b. Youth Council	113	100	81
c. Home Economics Council	30	30	31

2. Home Demonstration Club Leadership

	1956	1957	1958	1959	1960
No. organizational leaders	40	39	27	30	33
No. project leaders (subject matter)	59	50	45	42	48
No. federation program of work chairmen	9	9	10	10	10
No. program development leaders	9	9	8	9	9
No. result demonstrators	20	8	10	12	15
No. training meetings by specialists	5	5	5	2	3
No. training meetings by dist. agents	1	1	1	1	1
No. training meetings by agents	5	1	7	3	5
No. training meetings by others	0	0	1	2	
Attendance at all training meetings	95	89	123	83	91
No. meetings held without an agent	47	57	37	48	34
No. meetings leaders assisted	18	20	24	40	35
Demonstrations by leaders	32	40	29	31	30
Talks and discussions by leaders	149	81	114	55	67

3. 4-H Club Leadership

	1956	1957	1958	1959	1960
No. Club Officers	78	78	65	54	45
No. adult project leaders	16	21	21	23	17
No. junior project leaders	18	18	20	4	6
No. result demonstrators	0	4	5	2	1
No. training meetings by specialists	0	0	0	1	0
No. training meetings by dist. agent	0	1	0	0	0
No. training meetings by agent	3	3	6	2	3
No. training meetings by members club det.	0	0	0	0	0
No. training meetings by others	0	0	0	0	0
Total attendance at ldr. tr. meetings	121	119	106	120	98
No. 4-H leaders trained individually	11	10	12	10	9
No. club mtgs. held by ldr. w/out agent	47	49	25	49	27
No. addl. mtgs. at which leaders assisted	78	84	108	104	132
No. demonstrations given by adlt ldrs.	14	16	20	10	20
No. demonstrations given by junior lead	35	56	85	80	150

B. Outstanding Individual

Mrs. Mayo Yowell started her activities in Extension at the age of ten when she joined the 4-H Club as Jean Powell. She was an active 4-H member throughout the grades and upon entering high school was the promoter in starting a community 4-H group in her neighborhood. A few years after Jean married, she and her family returned to the county where she became a member of an adult club. After being a member for one year, she was made president of her club and with this year ended her two years. She has made an excellent president and her club placed 3rd in standard club score. She has served as chairman of National Home Demonstration Week and is now secretary of the county H. D. Committee. Jean does most of the sewing for her children and some for herself. Her first knowledge of sewing came from 4-H work. She solicits advice from Extension and does much to promote Extension work in the county.

VI. A. ONE SIGNIFICANT ACHIEVEMENT OF EXTENSION WORK

Good health is one of the most important attributes one might possess and realizing this, a goodly part of the program for a number of years has been centered on this phase. This is a phase through which Extension has reached a number of non-club members.

Largely through the influence of the Home Demonstration Clubs, the Health Unit was established in the county. Close contact is kept with the health office to see what the clubs might do to be of assistance. A Well Baby Clinic is held twice monthly and one club member says she

thoroughly enjoys working with this. The Sanitation from the health office has furnished literature on phases of health for the clubs. A Sanitarian spoke to one of the clubs on Safe Water Supply.

Cancer is very prevalent in the county so some work is done on this. Some of the members helped to solicit money in the door-to-door campaign for cancer. The clubs made their contribution amounting to \$28.00 to the Cancer Fund.

Cancer dressings and bed pads were needed very badly for some families in the county so each of the clubs met once and some more than once to make dressings needed. The local health nurse says she knows she can always turn to the clubs for the dressings when the supply gets low.

The clubs, for a number of years, have sponsored the Mothers' March on Polio, Arthritis, etc. This year there were 18 workers, a number of which were non-club members. The Marchers were to go out on a certain day - not necessarily at night. This was liked much better by the ladies. Much publicity was given to the March before and some after, and this was some publicity for the clubs as they were the sponsors. The agent provided coffee and sandwiches for the workers when they brought their donations in the evening. A total of \$580.00 was collected - the largest amount to be turned in from the March.

Folks in the county have become somewhat concerned about Mental Health so with the cooperation of the health department and the doctors in the county, the clubs sponsored a Mental Health meeting. Two doctors, one from Richmond and the other from Charlottesville, spoke to

the group which was followed by an interesting question and answer period.

The Home Demonstration Clubs had as an objective that at least 50% of the members have a physical check up. This goal was reached.

In the foods demonstrations, stress has been placed on adequate and nutritious diets. A check was made with all of the members as to the milk consumed and efforts were made to have more milk included in the diet.

Through newspapers, radio, special interest meetings, regular club meetings, personal contacts, films and slides, the people of the county have been made more conscious of the health problems and of some of the solutions to help solve them. News releases and bulletins coming from Food Specialists, V. P. I., Blacksburg, have been of help in carrying out this phase of the program.

B. Progress in Good Public Relations

1. County Workers

Good relations exist among the Extension workers. Even tho' the home agent has a part time secretary, the Extension secretary does some of the extra work when the agent's secretary isn't in. The agent works more closely with the assistant county agent because of the 4-H program. Some of the 4-H Clubs are not joint clubs because of the shortage of time for club meetings but with the others, there is a most cooperative spirit with the assistant county agent. The same is true with the county program as National 4-H Week activities, achievement programs, council meetings, etc. Frequent conferences

are held with the assistant county agent to plan various programs. A few conferences are held with the county agent but no joint programs were held during the past year.

2. General Public

The agent attends community programs sponsored by other groups when possible and some of these have been plays, art displays, flower shows, athletic events, church programs and benefit dinners. The agent was a judge at the clothing contest of a local Grange.

3. Elected Representatives

The agent knows the county supervisors quite well and even tho' the wives are not members of the organized clubs, they are invited and frequently attend special interest activities. They were invited and attended the annual Get-Together of the Home Demonstration Clubs. The supervisors attended the Honor Club Banquet. The agent informs the supervisors of the activities of the year through the presentation of an oral report.

4. Commercial Interests

Contacts were made with various concerns to receive prizes or money. The State Bank of Madison sponsored the Honor Club Banquet. (This amounts to \$20.00), the Farm Bureau gives awards to the winners in the Share-The-Fun contest (total \$48.00). A store in Culpeper gave a \$5.00 award to a 4-H girl and two local stores gave gift certificates to winners at the county Achievement Program. An apple grower gave

400 apples for the District Federation Meeting. A florist in an adjoining county gave corsages for some of the guests at the District Federation meeting.

5. Other Professional Workers

Very favorable relations exist among the professional workers but the agent is not called on too often to assist in their programs. The high school home economics instructor was called on several times by the agent this year to assist with judging in county 4-H events and with the district contest. The agent gave one demonstration on Christmas Decorations to a home economics group.

The agent tries to keep informed as to the programs of the professional workers so that she might inform people of the program when asked.

C. Professional Improvement

The agent attends all workshops in the district which are available and the ones which she thinks will be of help in the program in the county. Those attended have been on Laundrying and Equipment, Bakery School, Seafood Cookery, Safety, Nutrition, Clothing Construction using new materials and Refinishing Furniture.

The 3-day Communication School was attended to obtain techniques in writing news articles.

Attending the State Home Economics Association Meeting and the National Home Demonstration Agents' Association means much to the agent in keeping up with information. The talks are always most educational and instructive.

Magazines and bulletins and newspapers are read to keep up with the latest information.

VII. THE LOOK AHEAD

The program for the year having all the demonstrations centered around one room, the kitchen, was the suggestion of one of the club members and the entire membership was pleased with the idea. So much of the homemaker's time is spent in the kitchen that phases of how to make the kitchen more attractive, more convenient, and to prepare time saving dishes, especially appealed to the folks. All this was of help to them in their problems of conserving time and energy. The federation program "Safe In The Home and On The Farm" was a timely topic and with outside speakers, films and bulletins, a goodly amount of information was passed on to the people.

The special interest meetings - Mental Health, Seafood Cookery, Crafts - sponsored by the clubs created interest among members as well as non-club members.

The interest the clubs take in the youth of the county is outstanding.

Leadership continues to develop and as times goes on the women are more willing to assume responsibilities.

The various activities of the 4-H Clubs as Share-The-Fun program, teas, county picnic, achievement program, dances, radio program, contests, - activities for the community and county - have done much to publicize the 4-H program in the county.

Through the 4-H projects some of the girls have learned to select materials and construct their own garments. Other have learned of foods necessary for good health and to prepare different foods. This not only has been a help to the mothers but will be to the girls when they become homemakers.

Suggestions For Improving The Home Economics Extension Program

Have Home Economics Committees and more special interest work.

Schedule county-wide meetings and invite the public to these.

Do a better job at organizing the work so that more might be accomplished.

Organize files so that time will not be wasted in trying to find materials.

Schedule one educational out-of-the-county tour.

Have a tour within the county to show work on one specific subject matter.

Put forth a special effort to increase older 4-H membership.

Do more work with Farm and Home Development families.

Have more community groups with 4-H girls during the summer months and train leaders to take care of more of the meetings.